

Health News (Week 02 - 2021)

By Robert Redfern

URGENT – Save this email as it contains important contact information in the event all my sites are blocked.

Every week I receive emails from readers who get upset when I talk about CV and the Great Reset. Some of them prefer not to hear about it and some point-blank do not believe it is a plan by Big Pharma and the Cabal to reset the world. I really can understand this as my wife who was a strong fan of natural health long before me asks me to stop listening to so many videos of scientists and researchers who are truth-telling as she can only take so much of it.

The fact is many do want to find out what is going on and quite correctly need to know as the world is becoming a different place. These people want to know what they have to do to plan a safer, freer future.

The way I can help is to separate my newsletters into topics so everyone can click on the topics they are interested in and read those. This way everyone has a real choice. I am not sure why I did not think of this before but better late than never.


I only have two topics this week as both of them are very important to everyone.


IMPORTANT INFORMATION HOW YOU CAN STILL GET MY INFORMATION AS THE GROWING INTERNET CENSORSHIP GETS WORSE.

Censorship is a growing problem not just for politicians but especially for anyone talking about Natural Health. You may not have noticed it yet since you don't know what they have censored. To give you an example this is what is on my FaceBook when I try to share my posts:






A - I am Shadow Banned. This means you can see my posts but if you try to share them you get an innocuous message saying it is not possible to share it. If you do want to share it copy and paste it to your own social media account.

B - Facebook does not allow me to advertise to other Facebook users and shows me this message



Robert S Redfern
 **Account restricted** · 19 Aug 2020

You aren't allowed to use Facebook Products to advertise. This is because you didn't comply with one or more of our Advertising Policies or other standards, such as by having too many ads rejected, attempting to circumvent our ad review process, participating in fraudulent behaviour or associating with untrustworthy accounts. [Learn more.](#)

Restrictions	Disabled assets
 Can't use or manage ad accounts	 Personal ad account
 Can't create or run ads	 Audiences
 Can't manage advertising assets or people for businesses	

C - ALSO: Recently Google, Amazon and Apple are flexing their muscles. I have not had any messages from these yet but when I do it may be too late and you may not find my posts or even my web sites so please save this post and register at these uncensored places.

To keep getting my information and updates please save this newsletter and register to the below communication sources:

Telegram I have two Telegram accounts as well as a new web site:

A - <https://t.me/naturallyhealthnews/7> This is where you will find NHN posts on Health and Nutrition

B - <https://t.me/CVnews> This is the link for those who want the latest CovidNews

C - <https://goodhealthglobal.com/> This is a new social media style NaturallyHealthNews site that makes it easier to find posts for an array of any health topics and conditions.

Please register at all three so you can be in touch no matter what happens. You can search my name RobertRedfern or RobertSRedfern on other social media sites to find me. Don't confuse me with Robert Redford, he is the older looking guy :)

More information to come so make sure you have updated your mobile phone numbers on the systems.

The Story On D3 is Gaining Ground With More Fans.

AS 2020 DREW TO A CLOSE, 185 HEALTH, SCIENCE AND MEDICAL EXPERTS FROM THE UK, EUROPE AND US PENNED AN OPEN LETTER TO GOVERNMENTS AROUND THE WORLD PRESENTING A CLEAR CASE FOR 'INCREASED VITAMIN D USE TO COMBAT CV-19.'

In the letter, the experts call for 'immediate widespread increased vitamin D intakes' as they state research shows that deficiency in this vital vitamin 'almost certainly' promotes CV-19 infections, hospitalizations and deaths.

The scientists refer to 'many papers' which have revealed 'several biological mechanisms by which vitamin D influences CV-19'.

"Vitamin D is well known to be essential, but most people do not get enough," the letter states, before recommending that adults supplement 4,000iu daily as standard. Those at 'increased risk of deficiency due to excess weight, dark skin, or living in care homes may need higher intakes (e.g. 2x)', the experts add.

"Many factors are known to predispose individuals to higher risk from exposure to CV-19, such as age, being male, comorbidities etc, but inadequate vitamin D is by far the most easily and quickly modifiable risk factor with abundant evidence to support a large effect. Vitamin D is inexpensive and has negligible risk compared to the considerable risk of CV-19.

It's been nine months. The evidence was undeniable in March for anyone willing to look.

"Evidence to date suggests the possibility that the CV-19 pandemic sustains itself in large part through infection of those with low vitamin D, and that deaths are concentrated largely in those with deficiency. The mere possibility that this is so should compel urgent gathering of more vitamin D data. Even without more data, the preponderance of evidence indicates that increased vitamin D would help reduce infections, hospitalizations, ICU admissions, & deaths."

UK signatories includes Dr Gareth Davies, Imperial College, London; Dr Ashley Grossman, University of Oxford; and Dr Steve Jones, University College London.

“It’s been nine months. The evidence was undeniable in March for anyone willing to look. Hundreds of publications have confirmed it. It’s cheap, low risk and proven effective. Why isn’t it being taken seriously?” Dr Davies comments on LinkedIn.

Did you know...?

Getting enough Vitamin D3 may uplift your mood which is essential during the darker winter months. Studies show that a Vitamin D3 deficiency is associated with an increased risk for depression and that low levels are linked to poorly regulated mood and behaviour.

Vitamin D3 could therefore play an important role in regulating moods and improving mental health.

Learn more about the benefits of Vitamin D3 at naturallyhealthynews.info

Remember

Did I mention that everyone in your family needs at least vitamins D3 and C, and the critical minerals Zinc, Selenium and Magnesium daily? Now January is here, do your best to get and stay healthy and happy!

Take good care of yourself,
Robert Redfern

The Essential Immune Nutrients



Vitamin C™

The range includes 1000mg of High-Quality Liposomal Vitamin C with 175mg of Quercetin, 1000mg Liposomal Vitamin C and Camu Camu Capsules. For all ages from infants to seniors. Protects healthy cells and has various health benefits that may support immune function, brain health, blood sugar and heart health.

Vitamin D3™ 4000IU

An essential combination of Vitamin D3 4000IU and Coral Calcium that can help to support and maintain bone health. Vitamin D3 is a potent immune modifying nutrient that provides protective effects for good health. Regulates over 200 genes in the body and supports your overall body's health when sunlight is scarce.

Daily Immune Protection™ (D.I.P.)

Contains Epicor®, eXselen™ and a high dose of Beta Glucan with a strong dose of Vitamin D3 to support a balanced immune response and provide extra support for healthy cell growth. Suitable for vegetarians. 90 veg capsules

OliveLeaf+Zinc

A super antioxidant, olive leaf is considered to potentially offer immune protection against colds, flu and other viral infections. Oleuropein, one of the primary compounds in olive leaf, is believed to exhibit potent anti-viral, anti-bacterial and anti-fungal properties, offering wide-reaching immune support. The addition of zinc, also critical for a strong immune system and often deficient in the diet, enhances the power of this product. Can be used all year round or for more occasional targeted support. Suitable for vegetarians and vegans. 90 veg capsules.

PrescriptBiotics™

Taking probiotic supplements is recommended to help balance the bacteria in the gut, which in turn supports digestion and nutrient absorption, as well as overall immunity. Prescript Biotics™, contains a custom cultured blend of soil-based organisms, in its own prebiotic food source, to help balance the diversity of the microbiome; supporting digestion, immunity and overall health. Soil-based probiotics are the first choice for optimum health, as they are well adapted to the environment of the gut and offer long-term benefits. Suitable for vegetarians and vegans. 90 veg capsules.

Nascent Iodine

Consumable iodine in its atomic form that provides a safe energy release when consumed. May help to provide increased energy and immunity levels. Supports thyroid health and hormone production. Suitable for vegetarians and vegans.

Vitamin D3-K2 Spray

Combines 1000IU of Vitamin D3 and 100mcg of Vitamin K2 MK7 in an easy-to-use sublingual spray for maximum absorption. Helps to support a normal immune system response, support better calcium absorption and phosphorus absorption in the bones. It is also the world's original Vegan and Vegetarian Vitamin D3.

Ancient Magnesium Oil Ultra

Genuine Zechstein 100% Ultra-Pure Magnesium Oil with OptiMSM for enhanced cellular absorption. Apply the Ancient Magnesium Oil Ultra to the skin each day, for immune support, and to help calm the nervous system, encourage relaxation, anxiety relief and aid sleep.